



**Eat five or more  
servings of fruits or  
vegetables each day**

***What is a serving?***

**1 medium-size fruit**

**3/4 cup (6 oz.) of 100 percent  
fruit or vegetable juice**

**1/2 cup cooked or canned vegetables or fruit**

**1 cup of raw leafy vegetables**

**1/2 cup cooked dry peas or beans**

**1/4 cup dried fruit**